



Maternal and Child Mental Health

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National Maternal Health
Hotline: 1833-TLC-MAMA





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01

What is Mental Health?

For Mothers and Children





Maternal and Child Mental Health

Maternal mental health refers to the social, emotional and mental well being during and after pregnancy.

Child mental health encompasses the emotional, behavioral and social development that influences child's growth.

Mental Health Statistics

According to the World Health Organization:

- **13%** of pregnant women experience a mental disorder
- Developing countries experience **15.6%** higher mental health disorders and **19.8%** postpartum
- **20%** of mothers in developing countries experience clinical depression



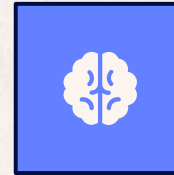


How does this affect us?



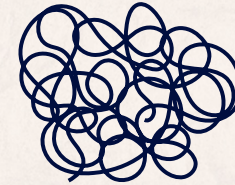
Mother

Mother experience high rates of self-harm and suicide if unaddressed mental health symptoms go untreated



Child

Children are impacted by maternal mental health, which can affect development.





Lack of Mental Health for Children Result in...

- Disruptive Behaviors: Physical outburst in class, verbal altercations etc.
- Limited staffing among health care professionals and teachers in school settings
- Correlation between lack of mental health and poverty continue to rise
- Higher reports of abuse and neglect among children
- Children with disabilities or developmental delays may increase
- Social Skill development may be delayed
- Limited ability to develop healthy coping skills for daily stressors

When mental health diagnosis are delayed, mental health illnesses can persist in adulthood



34% of Alabama Counties Are
Being Considered Maternal
Health Deserts.

—ACLU Alabama



Why Do States Like Alabama Have health Care Deserts?



1. Insurance
 - Accessibility
 - Fail first approach
 - Coverage
 - Financing
2. Federal Spending on Healthcare
3. Mental Health Professional Shortage





Insurance in the U.S

Insurance

- Private or Open Market
 - Employer-sponsored health care
 - In Network
 - Out of Network
 - Premium
- Medicare: Federal Insurance for people 65 or older
- Medicaid: Federal and State assistance programs

Coverage

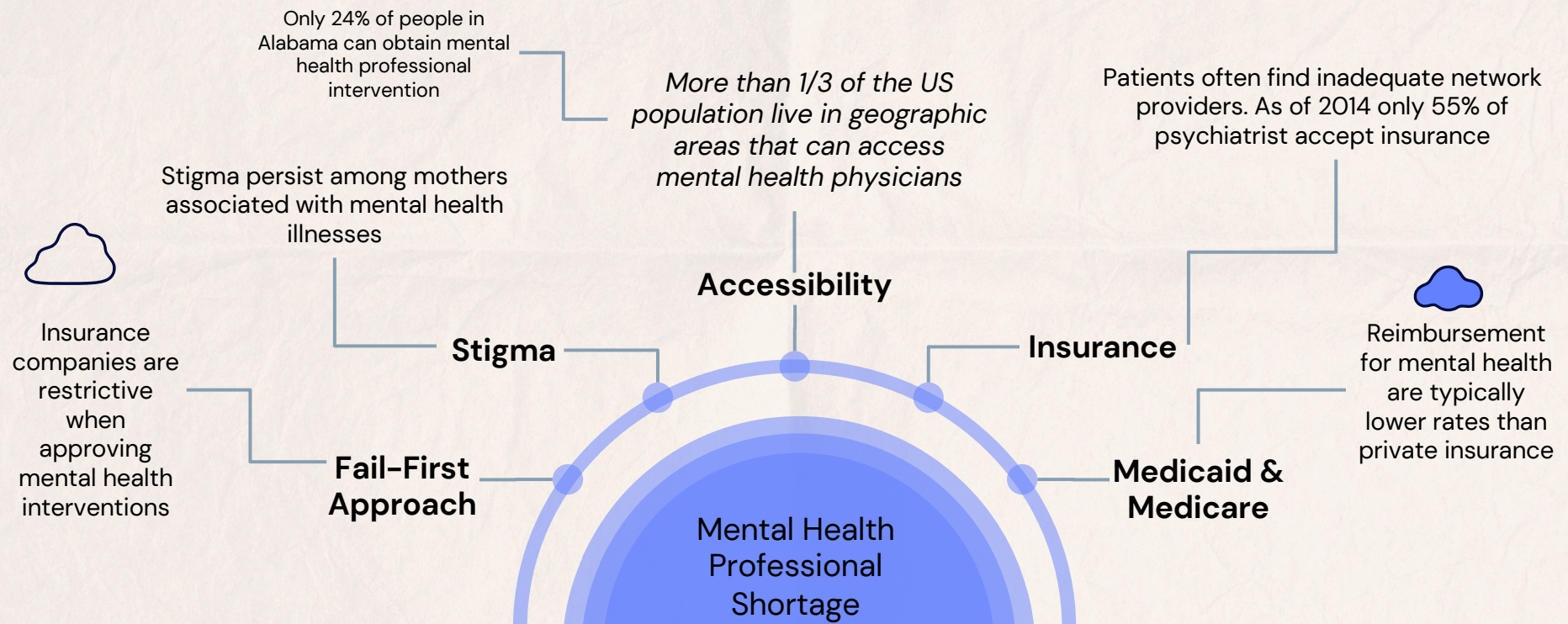
- Coverage is dependent on inpatient and outpatient hospital/physician visits for preventative services
- Private plans or Employer sponsored plans are dependent on a patient's demographic; age, weight, smoking status and overall health
- Medicaid/Medicare covers both in/outpatient services with added premiums and prescriptions drugs.

Financing

- Dependent on your insurance, but often include in/out patient care
 - Preventative services, dental care, prescriptions
- This looks different for everyone if...
 - Employer Insurance, patient copayments, cost-sharing, private insurance



Barriers to Mental Health Care in the U.S





Mental Health Professional Shortage

51/51

Alabama currently ranks 51st in the US
to treat mental health for mothers and
children.

38,000 Children

Research at VOICES reports higher
numbers of children with mental health
crisis.

48%

Through early intervention with schools
integrating mental health services can
increase substantially



How do we break barriers in maternal and child mental health?

1. Coordinated Care
2. Integrating Telehealth Services
3. Invest in Mental Health Workplaces through funding
4. Expand insurance networks
5. Implement policies for increase in reimbursements for Insurance networks
6. Policymakers need to prioritize expanding access, coverage and affordability to all citizens in the United States.



Structural Bias & Racism



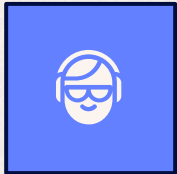
What is structural bias & racism

How does it impact healthcare?



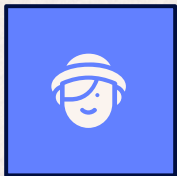
"Structural racism fosters racial discrimination by reinforce discriminatory beliefs pervasive in networks of laws and policies ingrained in cultural norms."

Structural Bias & Racism



"Xenophobia is the first manifestation of structural bias and racism in healthcare environments."

Healthcare



"Mortality rate for infants are pervasive among birthing women and are at a higher rate for mortality compared to their white counterpart."

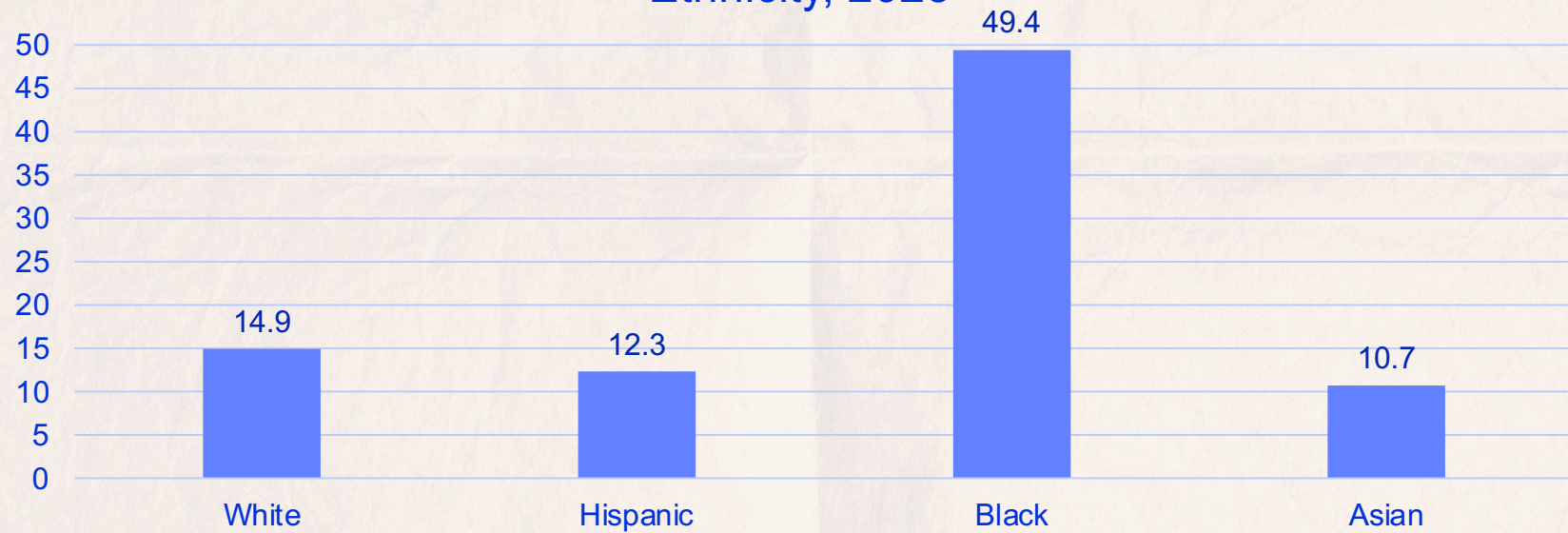
Impact on Mothers & Children





Structural Bias and Racism

Pregnancy-Related Mortality per 100,000 Births by Race and Ethnicity, 2023

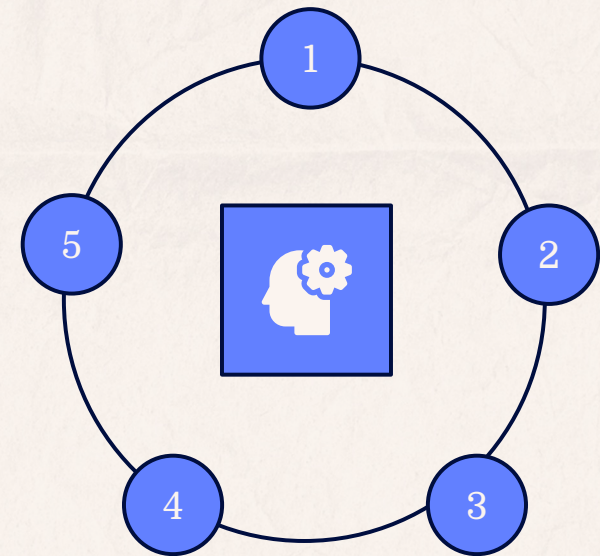




Social Determinants of Health

Let's take a closer look into the Social Determinants of Health (SDoH) and the impact women & children face in the healthcare system. We will be covering

- 1) Economic Stability
- 2) Education Access and Quality
- 3) Health Care Access and Quality
- 4) Neighborhood and Built Environment
- 5) Social and Community Context





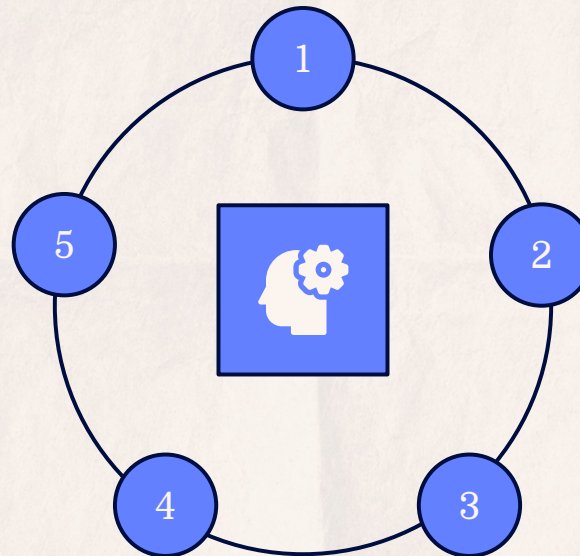
Social Determinants of Health

Social and Community Context

Lack of community support and discrimination among minorities is pervasive and can lead to chronic diseases such as diabetes.

Neighborhood and Built Environment

The impacts of housing instability can impact the accessibility to housing and reliable transportation to near by hospitals.



Economic Stability

Poverty, food insecurity and unstable employment can generate elevated risk for chronic stress and depression.

Education Access and Quality

Mothers with lower educational levels are at higher risk for poor mental health outcomes.

Health Care Access and Quality

Limited access to health care can hinder the early intervention programs to mental health.

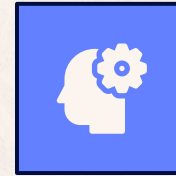


United States v. México



United States

Health care is managed through Insurance, both private and public companies. Overall, federal spending on Medicaid and Medicaid play a big roll in coverage on preventative services, dental care and prescription drugs.



Mexico

As of 2026 Mexico has announced Universal Health Care to all citizens in 2027. Social Security or "Seguro Popular" created in 2003, allowed participants to free health services for preventative services.



United States

- The U.S uses both private and open market insurance
 - This can be Employee Sponsored
- Federal & State Programs
 - Medicare/Medicaid, Alabama Department of Insurance (ALDOI), SCHIP or VA
 - Affordable Care Act
 - CHIP
- No Universal Healthcare
- **Medical spending is at 18% of GDP as of 2023**
- As of 2021 of mental health disorders was 19% compared to the average of 16% in other countries
- Maternal mortality was 19% deaths per 100,000 people



México

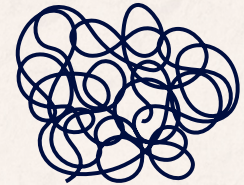
- The U.S uses both private and open market insurance
- Universal health care has been introduced as of 2026 a will begin to roll out January 2027 called México SaludHable Coalition
 - This will cover ...
 - Mental health services
 - Preventative services
 - Emergency care
- Maternal rate was 418 deaths per 100,000 people in 2022
- **Prior to the shift in government health coverage, México contribute 5.5% of GDP spending in 2023**
- As of 2023, public health insurance covered 77.6% of the population and 14.5% were insured through private insurance
- In 2021 14% of the population have mental health disorders



Breaking Barriers Across Borders



How can we implement international patient care in mental health for mothers and children?

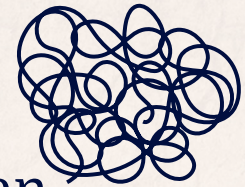


1. Universal Health Care
2. Preventative Care
3. Coordinated Care
4. Destigmatizing mental health assistance
5. Reaching out to policymakers in expanding access, coverage and affordability to all citizens in their respective countries





Health Equity



“Health Equity is the state in which everyone can attain full health potential, and no one is disadvantaged from achieving this potential because of social position or any other socially defined circumstance.”

– PubMed Central





Health Equity Factors



SDoH

Social Determinants of Health attributes to perpetuating health disparities.



Racial Disparities

As the racial/ethnic minorities in the U.S grows the systemic mistreatment of minorities also increases.

Healthy People 2030

Healthy People 2030 focuses on eliminating systemic indicators like microaggressions.



Life Course Framework

This paradigm explains the affects of social exposures develop disparities as a mother or child develops.



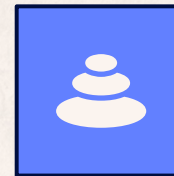


How to Improve Health Equity...



Stakeholders

Will impact political, social and economic factors



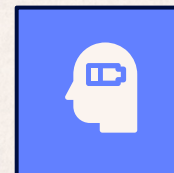
SDoH

Expanding preventative screening tools in identifying SoDH



Funding

Private and public companies must prioritize healthcare



Pediatric Health Providers

Institutions need to gather more data on mental health access for BIPOC women and children



Access

Primary care and hospitals must expand to rural areas of the U.S

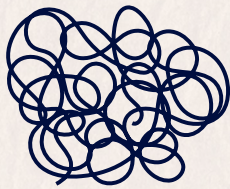


Research

Expand research the includes more women and children of color



Policy & Intervention





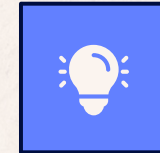
Current Alabama Policies



HB 322



SB 191



March 2025

- Passed House Bill
- Sponsored by Rep. Frances Holk Jones, R-Foley
- Requires the education and screening for postpartum depression for mothers with Medicaid coverage

February 2025

- Pending resolution...
- Alabama Medicaid will cover screening and regulate prescription drugs to treat post partum depression
- State of AL doctors, physicians or health care providers will require to distribute information to mothers



Current Federal Policies



Big Beautiful Bill



2025

- Pro: Deduction in individual income tax
- Con: \$1 trillion dollars in cuts to federal programs, like Medicare

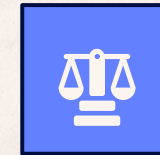
S. 1834



2025

- **Supporting Healthy Moms and Babies Act, bipartisan bill reduces the financial barriers families face during pregnancy, birth, and postpartum
- Eliminate out-of-pocket maternity costs

The Nest Act



2026

- **Newborn Essentials Support Toolkit introduces a program to HHS and distribute supplies for newborns and mothers
- Supplies will allow for reduction in financial stress and improve mental health for both the mother and newborn



** Still pending as of 2025



In The News...



Psychiatric Overprescription

- HHS announced a new initiative to address psychiatric overprescription such as SSRI or antidepressant
- Ongoing federal coordination on evidence based prescription for mental health illnesses like depression and anxiety
- Emphasis on informed consent and shared decision making between the patient and provider
 - Current HS Secretary Kennedy argues that reduction or discontinue use of prescription will improve patient outcomes, several experts argue that the titrate of anti-anxiety or anti-depression medication will result in withdrawal and worsening mental health.

***This can affect populations like mothers after postpartum and children as postpartum can require prescription drugs like Lexapro, Prozac, Zoloft, and Wellbutrin*



Resources for Mothers and Children

- ★ Alabama Resources
 - 1. [CredibleMind](#)
 - 2. [Alabama Department of Mental Health](#)
 - 3. [Connect Alabama App](#)
 - 4. National Maternal Health Hotline: 1-883-TLC-MAMA
 - 5. [Alabama Arise](#)





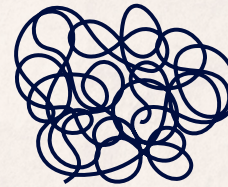
Main Takeaways

- When mental health diagnosis are delayed in childhood, mental health illnesses can persist in adulthood

“Mortality rate for infants are pervasive among birthing women and are at a higher rate for mortality compared to their white counterpart.”



- Preventing barriers across the borders can assist with preventative care, coordinated care and destigmatizing mental health assistance
 - Reaching out to policymakers in expanding access, coverage and affordability to all citizens in their respective countries
 - Health Equity Factors can be related to SDoH, racial disparities and life course framework
 - Health Equity can be improved by reaching out to stakeholders, funding, access, extending SDoH framework in healthcare, gathering more data on mental health access for BIPOC women and children and expanding research in health institutions.
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Visit our website

To advocate and educate
about mental health awareness
and to facilitate those in our
communities searching for
help, while facilitating basic
physical needs as well as their
spiritual needs

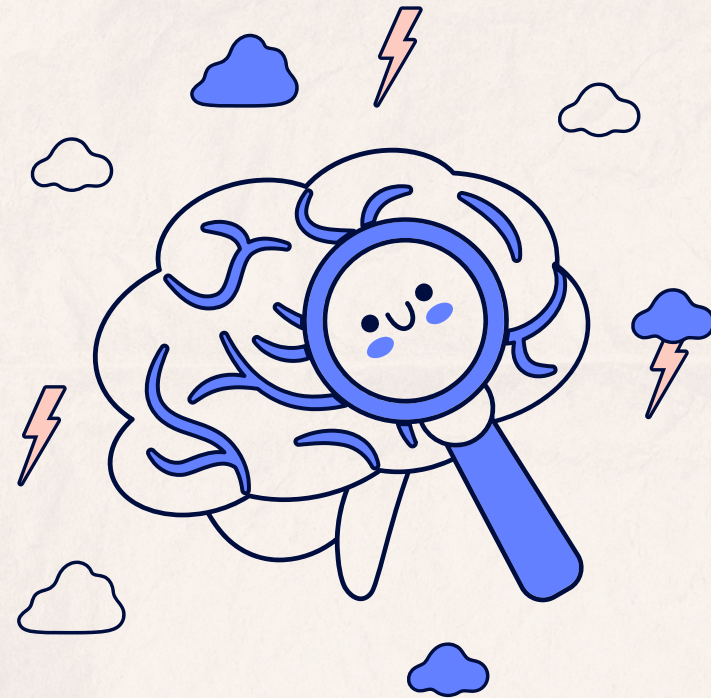


Thanks!

Does anyone have any questions?
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